

Easy Stuffed Pasta Shells

Makes: 8 Servings

Spinach, a mixture of low-fat cheeses, and herbs combine for a delicious filling in these stuffed shells.

Ingredients

1 package frozen chopped spinach, thawed (10 ounces)

12 ounces cottage cheese, low-fat (12 ounces)

1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)

1 1/2 teaspoons dried oregano

1/4 teaspoon black pepper

1 jar light tomato basil pasta sauce, low-sodium (26 ounces)

1 cup water

6 ounces pasta shells, uncooked (large)

Directions

1. Wash hands.
2. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or collander over the sink, or in a bowl and pressing with a spool to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	320 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Notes

- Try this recipe for a potluck or make-ahead dinner. If desired, refrigerate the ready-to-bake casserole.
- To lower sodium, use reduced sodium spaghetti sauce.

Source: Iowa State University Extension. Spend Smart. Eat Smart.